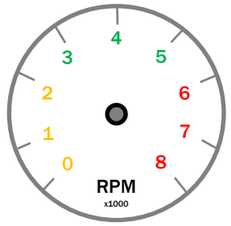
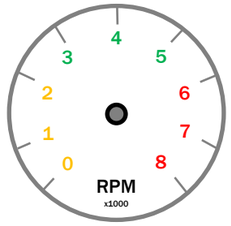
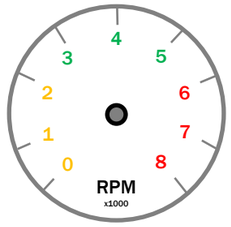
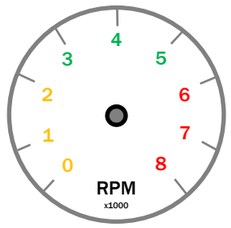
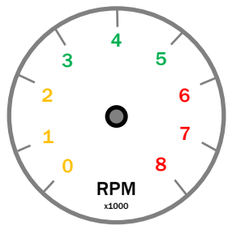
Assessing the Revs

A car is designed to function at a variety of revs, but constantly idling or constantly being in the red zone is not healthy for any car. Nor is it for a human being. Use the table below to assess where the rev gauges are for you in each of the five areas listed.

Some Symptoms of Idling	Some Symptoms of Green Zone Living	Some Symptoms of Red Zone Living	
Spiritually • Loss of expectancy that something might happen today which requires the agency of a supernatural God. • Intercessory prayers about maintaining the status quo rather than seeing new things come about. • Bored with worship services and with leading them. • Personal times with God become too routinised/carefully controlled. Hard to imagine God 'breaking in' with a fresh word. • Avoid situations which might challenge or discomfit. • Don't readily share openly with any accountability partner.	**Spiritually** • You make time for daily prayer and study of God's Word. • Meet with a spiritual director or accountability partner. • Found a way to engage in public worship, even when leading it. • You're aware of your vulnerabilities with regard to temptation, and have put in place things to help protect yourself from succumbing. • You take regular quiet days or an annual retreat.	**Spiritually** • Prayer is reduced to cries for help. • Constantly distracted during public worship. • You no longer exercise spiritual disciplines. • You begin to rationalise misbehaviour.	
Emotionally • You rarely allow yourself to enter situations where your emotions might be stirred. • Your life is pretty well in control and you are rarely if ever surprised by anything. • Fear prevents you stretching yourself. • Easily distracted (box-sets?), quickly cynical (why bother?), defensive when others ask about what you do.	**Emotionally** • You're able to weep with those who weep, and rejoice with those who rejoice. • Laughter features as part of your normal daily living, with a healthy ability to laugh at yourself. • You're emotional tank is filled through healthy relationships and fun things to do.	**Emotionally** • You don't have time to pay attention to feelings. • You become strangely vulnerable to escapist sin as your soul cries out for emotional comfort. • You become dispassionate about the plight of suffering people. • You have escapist thoughts.	
Relationally • You rarely if ever take an initiative to show love and care for those with whom you are in closest relationship. • You spend disproportionately more time on solitary pursuits which energise you than in doing shared activities with family/friends etc. • Hobbies become idols. • You take others for granted.	**Relationally** • Those closest to you receive love and care from you, and you get to spend quality time with them. • You don't use work as a way of hiding from things that need to be addressed . • You meet with those who are friends, and have the capacity to care for them in the ups and downs of life. • You seek to bless every person you encounter. • You make time for those who don't yet know Christ.	**Relationally** • Your relationships become superficial. • You don't have time for friendships. • You notice yourself being more irritable than you would like. • If married, you spend more time with other people than with your partner. • If single, you promise to see friends but never seem to make it. • You are always apologising to your children for not being there.	
Intellectually • No new thinking or ideas, change of practice. • You don't read anything stretching or challenging. • Micro-manage unimportant things, focus on trivia. • Bored, lethargic, focus on other people's ministry rather than your own. • Focus on maintenance of what is rather than pioneering what might be. • Become bloated on training.	**Intellectually** • You make time to read, watch, listen to books, podcasts, videos on a regular basis. • You seek out a training/development opportunity once a year (conference, training event etc). • You have others around you who disagree with your thoughts and ideas and you don't become defensive or aggressive.	**Intellectually** • You become stagnant, relying on past stimulation to resource present ministry. • Your bookshelf reflects when you left training. • You are less open to new ideas. • You become bored with your own preaching / teaching.	
Physically • You spend increasing amounts of time 'lounging', with little inclination to exercise. • You never attempt anything which might exert you or push you. You rarely let yourself get out of breath. • Your levels of fitness are declining.	**Physically** • You take regular exercise (at least three times a week). • You eat a well balanced diet, rarely if ever skipping a meal. • You get between 7-8 hours of sleep a night. • A holiday provides sufficient relief from work to restore normal energy levels.	**Physically** • You are physically drained, constantly weary, or lacking in energy • You have little time for exercise. • Stress targets a particular part of your body. • You become ill at the start of your holiday.	

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